

27 OCT 1994

18.0 FOOD SERVICE

- 18.1 Each CDC at CONUS installations shall participate in the USDA Child and Adult Care Food Program.
- 18.2 CDCs with the capacity of more than 35 full-time children shall provide a nutritionally appropriate lunch, in addition to a minimum of two snacks each day.
 - 18.2.1 It is preferable that these meals be prepared on-site, however, catering is permissible.
 - 18.2.2 Regardless of source all food service operations shall be performed in accordance with NAVMED P-5010-1.
 - 18.2.3 See tables on following pages for required meal patterns.

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FOOD SERVICE, cont.**Child and Adult Care Food Program - Infant Meal Pattern**

BREAKFAST:	BIRTH THRU 3 MONTHS	4-7 MONTHS	8-12 MONTHS
Breast milk (1) or formula (2)	4-6 fluid ounces	4-8 fluid ounces	6-8 fluid ounces
Whole milk	_____	_____	
Infant cereal (3) (optional)		0-3 table- spoons (tbsp)	2-4 tbsp
Fruit and/or vegetable		_____	1-4 tbsp

SNACK:	BIRTH THRU 3 MONTHS	4-7 MONTHS	8-12 MONTHS
Breast milk or formula	4-6 fluid ounces	4-6 fluid ounces	2-4 fluid ounces
Whole milk			
Juice (4)			
Slice bread			0-½ slice
Crackers (5) (optional)			0-2 crackers

LUNCH OR SUPPER:	BIRTH THRU 3 MONTHS	4-7 MONTHS	8-12 MONTHS
Breast milk or formula	4-6 fluid ounces	4-8 fluid ounces	6-8 fluid ounces
Whole milk	_____	_____	
Infant cereal		0-3 tbsp	2-4 tbsp and/or 1-4 tbsp
Meat, fish, poultry, egg yolk, or cooked dry beans or peas	_____	_____	- OR -
Cottage cheese, cheese food, cheese spread			¼ ounce
Cheese, fruit, and/or vegetable			- OR - ½ - 2 ounces

NOTES:

1. Meals containing only breast milk are not reimbursable.
2. Iron-fortified infant formula.
3. Iron-fortified dry infant cereal.
4. Full-strength fruit juice.
5. Made from whole-grain or enriched meal or flour.

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FOOD SERVICE, cont.**Child and Adult Care Food Program - Children 1 to 12 Years of Age**

BREAKFAST:	CHILDREN 1 TO 3 YEARS	CHILDREN 3 TO 6 YEARS	CHILDREN 6 TO 12 YEARS
Milk, fluid	½ cup	¾ cup	1 cup
(1) Juice/fruit/vegetable	¾ cup	¾ cup	¾ cup
Bread and/or cereal, enriched or whole grain			
Bread or	½ slice	½ slice	1 slice
Cereal: Cold dry or	¾ cup (2)	¾ cup (3)	¾ cup (4)
Hot cooked	¾ cup	¾ cup	¾ cup

MID-MORNING/MID-AFTERNOON SNACK: (SUPPLEMENT)	CHILDREN 1 TO 3 YEARS	CHILDREN 3 TO 6 YEARS	CHILDREN 6 TO 12 YEARS
(Select 2 of these 4)			
Milk, fluid	½ cup	¾ cup	1 cup
Meat or meat alternate	½ ounce	½ ounce	1 ounce
Juice/fruit/vegetable	¾ cup	¾ cup	¾ cup
Bread and/or cereal, enriched or whole grain			
Bread or	½ slice	½ slice	1 slice
Cereal: Cold dry or	¾ cup (2)	¾ cup (3)	¾ cup (4)
Hot cooked	¾ cup	¾ cup	¾ cup

LUNCH OR SUPPER:	CHILDREN 1 TO 3 YEARS	CHILDREN 3 TO 6 YEARS	CHILDREN 6 TO 12 YEARS
Milk, fluid	½ cup	¾ cup	1 cup
Meat or meat alternate			
Meat, poultry, or fish, cooked (lean meat w/o bone)	1 ounce	1½ ounces	2 ounces
Cheese	1 ounce	1½ ounces	2 ounces
Egg	1	1	1
Cooked dry beans and peas	¾ cup	¾ cup	¾ cup
Peanut butter	2 tbsp	3 tbsp	4 tbsp
Vegetable and/or fruit (two or more)	¾ cup	¾ cup	¾ cup
Bread or bread alternate, enriched or whole grain	½ slice	½ slice	1 slice

NOTES:

1. Beverages containing less than 50 percent fruit juice or those made with fruit flavored powders and syrups or fruit punch do not meet requirements.
2. ¾ cup (volume) or ¾ ounce (weight), whichever is less
3. ¾ cup (volume) or ¾ ounce (weight), whichever is less
4. ¾ cup (volume) or 1 ounce (weight), whichever is less

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- 18.2.4 All CDCs shall provide a mid-morning and a mid-afternoon snack. Part-day programs shall provide appropriate snacks.
- In instances where children must bring lunches from home, provisions shall be made for prompt refrigeration of lunches, as well as a training program for parents to ensure a nutritious lunch for their child(ren). CDCs shall provide milk.
 - The practice of bringing foods from home, other than lunch, when necessary, shall be discouraged in all CDCs.
- 18.2.5 Meal patterns shall include regular meals, as well as mid-morning and mid-afternoon snacks.
- There shall be no more than 3 hours or less than 2 hours between regular meals and snacks.
 - Children attending the CDC for more than 8 hours shall receive a minimum of two-thirds of their daily nutritional requirements at the CDC.
- 18.2.6 Copies of menus for the current week shall be provided to parents and/or posted where they can be reviewed.
- All substitutions of comparable food values must be recorded on the menus.
 - Menus should be dated and kept on file.

FOOD SERVICE, cont.

- 18.2.7 Meals and snacks shall be conducted using family style meal service to contribute to the overall development and independence of the children being served.
- Age-appropriate utensils, opportunities to set the table, pour liquids and pass dishes shall be provided.
 - Plates, utensils, cups and glasses shall be the appropriate size.
 - Children shall be encouraged to serve themselves with consideration to good health and safety practices.
 - Caregivers shall sit at the table and eat with the children during meal service. This is not to be considered the employees' meal period.
- 18.2.8 Meals shall be relaxed and served with adequate time allowed for socializing.
- 18.2.9 Food shall not be used as a punishment or as a reward.
- 18.2.10 Children should be encouraged to taste new foods, but not be forced to eat.
- 18.2.11 Children shall not be excluded from meals.
- 18.2.12 An adequate amount of food shall be prepared to allow for second helpings of the four major food groups.
- 18.2.13 There shall be no access to vending machines by the children in the CDC.